

## Abstract

**Title:** The importance of myofeedback rehabilitation in faecal incontinence

**Introduction:** Faecal incontinence is a serious symptom significantly worsening quality of life. Following results of international studies myofeedback has been considered an effective option of conservative treatment of this disease. Despite that it has so far been used at just a few centres in the Czech Republic.

**Purpose:** The main purpose of this thesis was to assess the relevance of myofeedback as part of recovery therapy. Other objectives included assessment of use of a vaginal electrode instead of an anal one and comparison of the result correlations between examination by anal manometry, surface EMG and subjective improvement of continence for the patients.

**Methods:** The research project included 8 females. The objective method of assessment of effects of the treatment involved examination of pelvis bottom muscles with the help of anorectal manometry and surface EMG. Success of the therapy was evaluated through the St Marks incontinence score and by the test population themselves filling out a quality of life questionnaire.

**Results:** In the course of three-month recovery most patients experienced improvement of subjective as well as objective parameters. The results of the study are comparable to results of international studies. The research did not prove any effect of use of the vaginal electrode instead of the anal one but the recommended therapy of choice still is use of myo-feedback using the anal electrode. The individual parameters correlated in 4 females of the test population while 3 female patients showed result variation in some of the monitored parameters.

**Keywords:** faecal incontinence, physiotherapy, myofeedback, biofeedback

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